

# NATURAL REMEDIES





# FLU SHOT

## Side Effects:

- ✓ Mild fever
- ✓ Muscle aches
- ✓ Nausea
- ✓ Headache
- ✓ Fainting (mainly adolescents)
- ✓ Soreness, redness, or swelling at the injection site
- ✓ Runny nose or congestion (nasal spray flu)

# NATURE'S Flu shot



- 1 whole bulb of garlic**
- 1 cup fresh lemon juice (6 fresh lemons)**
- 2 teaspoons ginger powder or fresh ginger**
- 1/8 teaspoon cayenne pepper**
- 2 tablespoons honey**
- 3 cups pineapple juice**

Blend all ingredients thoroughly and store in a glass jar.

Take 1 cup every 3–4 hours.



*lemons*



# NATURAL REMEDIES





# **STOP SMOKING URGE RECIPE**

## **INGREDIENTS**

$\frac{3}{4}$  cup fresh lemon juice  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{3}$  tsp. peppermint oil

**Mix together in a glass container. Take 1  
Tablespoon every time the urge strikes. Do  
not swallow immediately, but swish around  
in mouth and savor before swallowing.**

**Not designed to stop smoking, but to decrease  
the urge.**



# NATURAL REMEDIES





# GARLIC OIL

## INGREDIENTS

- 1 cup chopped Garlic cloves
  - 2 cups pure Olive Oil
- Cover with 2 cups of pure olive oil. Let sit for 7 days. Shake daily. Strain oil into a bottle (dark glass) with a top and store in a cool place or refrigerate.
- Applications: 2–3 drops in the ear is excellent for ear infections. For lung or stomach infections, mouth sores, skin infections or rashes use 2–3 times a day.





# NATURAL REMEDIES



## **PRE-SURGERY & POST-SURGERY**

Promotes speedy healing of wounds amid other healing processes

## **STROKES WITH PARALYSIS**

Helps prevent them from happening

## **SINUS**

Take internally plus mild solution as a nasal douche

## **WARTS**

Take internally plus apply a daily poultice

# **BLACKSTRAP MOLASSES**

## **CANCER/TUMOR GROWTHS**

1 TB, 2 times a day, plus vitamins A,C & E. Good for breast, uterus, intestines and tongue

## **ULCERS AND ULCERATIONS**

A deficiency of certain mineral salts in the blood and tissues

## **MENOPAUSE**

A deficiency of mineral salts contributes to menopause

## **PREGNANCY**

Benefited from Iron, Calcium, and B vitamin content

## **PERNICIOUS ANEMIA**

Iron and Calcium best absorbed from natural source



# NATURAL REMEDIES





# SMOOTH MOVE

## BOWEL REGULATOR

### INGREDIENTS

1 cup pitted prunes  
2 tablespoon flaxseeds  
3 cups unsweetened prune juice

**Blend together in a blender.**

### APPLICATION:

Take 1 – 2 cups per day as needed until  
desired results are achieved.